



Issue No 224, 10th January 2013

Hello, and welcome to the first issue of CHEX-Point Snippets in 2013. As always, this issue contains all the latest news and information relating to community-led health. **If you have any news or updates from your own work locally that you would like mentioned in Snippets please get in touch.** Click [here](#) if you would like to view this e-bulletin as a PDF or read any previous issues of Snippets.

If you or anyone else you know would like to subscribe to CHEX-Point Snippets please visit www.chex.org.uk/subscribe/

The next issue of Snippets will be **Thursday 24th January 2013** so please send anything you would like to be included before Tuesday 22nd January. You can send information/material for inclusion in CHEX-Point Snippets by sending an email to andrew@scdc.org.uk or phoning 0141 222 4837. CHEX-Point Snippets is provided by CHEX – Community Health Exchange and compiled by Andrew Paterson. Thanks to all contributors to this edition.

Regards
Andrew Paterson
Policy and Research Officer, Scottish Community Development Centre

Contents

(N.B. click on the heading links below to jump immediately to the relevant section)

CHEX News

- [Something fruity to start the year!](#)
- [Send us your community-led health news in 2013](#)
- [Invitation to join CHEX-Point Editorial Board](#)
- [HIIC Tutor Training dates for the new year](#)
- [Analysis of responses to proposed Community Empowerment and Renewal Bill consultation published](#)

General Information

- [Scottish expert working group on welfare set up](#)
- [New guidance on Community Planning and Single Outcome Agreements](#)
- [The winners of the 2012 SURF Awards are...](#)
- [Linwood Community Development Trust gets some deserved praise](#)
- [From football to fitness!](#)
- [News from other e-bulletins](#)

[Consultations and Surveys](#)

[Publications](#)

[Funding](#)

[Events](#)
[Conferences and Seminars](#)
[Training](#)
[Vacancies](#)
[Websites](#)
[Campaigns](#)

[back to top](#)

CHEX News

Something fruity to start the year!

Long-time CHEX network member, Lanarkshire Community food and Health Partnership, is approaching an exciting milestone in their High Five for Fruit Project, which delivers pieces of fruit to children in North Lanarkshire. In December the project calculated that the amount of fruit successfully delivered had clocked up to 6 million pieces of fruit.

The High Five for Fruit project was started in 2005 and is making a real difference to the diets of youngsters - and their families. It delivers three free pieces of fruit every week for each child, aged three to five, in 130 nurseries across North Lanarkshire. A recent evaluation of the project carried out by Glasgow University School of Public Health found out that there has been a 61 per cent increase in the number of children eating fruit and vegetables in nurseries. This has had a knock-on effect in the children's homes with 54 per cent of families saying that they now eat more fruit and vegetables at home.

Ian Shankland, of the Lanarkshire Community Food, said: "When the project started in 2005 children in North Lanarkshire ate, on average, 2.6 portions of fruit or veg every day, this has now increased to 4.5 portions, almost twice the national average for this age group. We are very proud of our achievements in improving people's diet. We've done this by using a two-element provide and promote process. It's not enough just to provide people with access to fruit and vegetables, we need to demonstrate what to do with it."

Ian and his team go out to nurseries to work with children and their parents. For youngsters, they take a range of fun sessions in to nurseries. These include planting apple trees and running tasting sessions created around children's stories. They have also run successful free cooking and healthy eating classes in nurseries for the children's parents and carers.

Ian said: "What we teach depends on the skills the adults already have, but we might show them how to make a simple broth or a vegetarian risotto. We also include simple recipes in our regular newsletter. We think it's really important to illustrate how to cook healthy food."

The healthy eating successes of the High Five for Fruit project are bucking the national trend which has seen campaigns struggle to improve diet. Ian said: "Improving diet by increasing the number of fruit and veg portions will do so much more than tackle obesity. Obesity is just one diet-related disease. Good diet goes a long way to maintaining health and avoiding a huge number of conditions including diabetes, heart disease and some cancers."

The High Five for Fruit initiative has extended beyond giving fruit and veg to children to selling reasonably priced produce to their parents through their network of food co-ops and healthy eating stalls. One mother said: "This is a wonderful project which makes it easier for us parents to get our children to eat more vegetables at home."

Click [here](#) to find out more about the High Five for Fruit Project.

Send us your community-led health news in 2013

CHEX knows that a lot of great community-led health work goes on around the country. If you have anything you want to share about your own work in 2013 we'd really like to hear about it and we are always keen to profile anything community-led health related. A particular story, such as Lanarkshire Community food and Health Partnership's above, is ideal. However, we would also be delighted to profile an organisation or initiative which we have not highlighted before. **If you would like your local work in Scotland profiled in CHEX-Point Snippets, please contact andrew@scdc.org.uk.**

Invitation to join CHEX-Point Editorial Board

CHEX is inviting applications to join the CHEX-Point Editorial Board. CHEX-Point is our quarterly newsletter which goes out to over 1500 readers across Scotland. The Editorial Board meets quarterly to decide on content for the [CHEX-Point Newsletter](#).

As the Newsletter profiles good practice and policy issues the Board reflects a mixture of interests in health improvement and community development. Editions of CHEX-Point may reflect a single theme or cover a range of topics, identified by the Board. Articles are written by organisations from the CHEX network and a range of different health agencies. Our readership of approximately 1500 people typically includes community-led health initiatives, voluntary organisations, NHS staff, local authorities, researchers and interested individuals. Read the latest edition [here](#).

We want to hear your great ideas for the newsletter and help us ensure we cover the issues you are interested in as our network. If you are interested in becoming a member of the Editorial Board then please get in touch with olivia@scdc.org.uk.

HIIC Tutor Training dates for the new year

Dates have been set for the above course which will be run on the 27th and 28th March 2013 in the STUC Centre Glasgow. The 2 day course is for individuals who wish to become HIIC Tutors and costs £300 for those from the statutory sector and £200 for those from the voluntary sector.

The 2 day HIIC Tutor Training course is a credit rated course, 8 points at level 7, and aims to equip participants to deliver Health Issues in the Community training to a wide variety of people in a broad range of settings. As part of the course, and in order to become accredited, you will:

- Undertake 8-10 hours of practice delivery and provide a briefing note of each session.
- Submit a 1,500 word reflective account of your experience, within 5 months of undertaking the 2 day course. This will be marked to ensure that prospective tutors have attained a certain standard before they are able to deliver the course.

For more information on the course click the following link

<http://www.chex.org.uk/what-we-do/training-development-support/hiic/> or, to register,

please contact Alison on 0141 248 1924 or email alison@scdc.org.uk.

Analysis of responses to the proposed Community Empowerment and Renewal Bill consultation published

The Scottish Government has published its analysis of responses to the proposed Community Empowerment and Renewal Bill, along with all non-confidential responses to the consultation. CHEX contributed one of over 400 responses to the consultation and the overall response from across the wider public, private, third and community sectors is reported to have been positive, suggesting strong support for the aims of the Bill and for a number of the ideas set out in the consultation paper.

In order to identify and share the key ideas and messages in the consultation responses, an independent report analysing all 447 responses has been produced. This can be accessed at www.scotland.gov.uk/communityempowerment. An easy read version of the analysis is currently being prepared and will shortly be available through the same link. You can read CHEX's response to the consultation [here](#).

The Scottish Government will use the consultation responses to help develop will be developing legislative proposals to ensure that they have the necessary practices, resources and policies in place to help empower communities and achieve the aims of the Bill.

[back to top](#)

General Information

Scottish expert working group on welfare set up

The Scottish Government has announced it has set up an expert group which will advise on how a fairer welfare system can be introduced in an independent Scotland. The Expert Working Group on Welfare will look at benefit payments in Scotland, consider changes to the current system in an independent Scotland, and make initial recommendations for how a welfare system can reflect Scottish values. The group will also offer views on which aspects of the UK Government's current reforms to working-age benefits should be an immediate priority for change in an independent Scotland to ensure the welfare system protects the most vulnerable members of Scottish society and supports those who can work with a route into sustained employment. It is expected that the group will prepare a report for ministers by May 2013. Read more [online](#) on the Scottish Government's website.

Furthermore, [click here](#) to read the Scottish Government and COSLA's joint statement on welfare reform.

New guidance on Community Planning and Single Outcome Agreements

The Scottish Government has published guidance for community planning partnerships on the preparation of new SOAs. The guidance can also be downloaded [here](#) and contains statements about the importance of the third sector's role in community planning. In an accompanying letter, John Swinney highlights the third sector's experience and understanding of working *with* communities and strong contribution they can make to prevention at a local level. Furthermore, Mr Swinney states that he "expect[s] the third sector to be closely involved in the preparation and agreement of the new SOAs, and for this to be evidenced in the SOAs themselves".

A good page to visit for more on this alongside other related Government papers can be found on the [Improvement Service website](#).

The winners of the 2012 SURF Awards are...

The SURF Awards for Best Practice in Community Regeneration were held at the end of last year in Glasgow. Presented by Scottish Government Minister Derek Mackay, the winning regeneration initiatives in each of the five award categories were:

- Community Led Regeneration: Pennyburn Regeneration Youth Development Enterprise (North Ayrshire)
- Sustainable Place: Scapa Flow Landscape Partnership Scheme (Orkney)
- Infrastructure & Regeneration: Isle of Gigha Heritage Trust (Argyll & Bute)
- Creative Regeneration: Kirkton Woodland & Heritage Group (Wester Ross)
- YESS to Jobs (Youth Employability & Skills Services): ng2 Ltd (Glasgow)

SURF will now be linking the winning projects with free support from five regeneration consultancies to help them build on their success, and will also be organising free study visits in the early new year to share their experience and learning across Scotland. The SURF Awards process is delivered by SURF in partnership with the Scottish Government and with additional support from Architecture + Design Scotland and Creative Scotland. SCDC (CHEX parent organisation) Director, Fiona Garven, was a judge on the community led category. You can read more about the awards on [the SURF website](#).

Linwood Community Development Trust gets some deserved praise

In her New Year Message Judith Robertson, head of Oxfam Scotland, has described the Linwood Community Development Trust as a “terrific example to those in power about how to properly consult with local people and get them motivated to create change for the better in their communities.”

The Trust, an Oxfam Scotland Partner, have put months of hard work into creating a community plan for Linwood, based on feedback from residents on what they wanted to see improve in the town. Members gathered this information by virtually going door to door to every home in the town with postcards as part of the community consultation, as well as holding public meetings.

After collecting 2,200 comments from local people and presenting their plan to Renfrewshire Council the trust secured agreement in principle to have 2.4 hectares of council land transferred to the Trust for a new community and sports hub.

Go to the Paisley Daily Express website for [the full story](#).

From football to fitness!

The Scottish Premier League Trust, in conjunction with Comic Relief, has developed ‘SPL Still Game’ a project aimed at improving the lives of isolated older people in Scotland’s communities. Over the next two years, beginning in February/March 2013, it will deliver ten week programmes at each of the 12 Scottish Premier League football clubs. Sessions will cover active lifestyles, healthy living, mental health awareness, social events, re-engagement, police and fire brigade interaction and football club activity.

The project will be ‘needs led’; meaning that close contact and involvement the activities that are offered and developed are led by those who will use, and benefit from, them. The ultimate objective is to enhance mental health and well-being; to

make people “feel better” about themselves; and to enhance their dignity and self-respect thereby enabling them to contribute more positively to the environment in which they live. The project is aimed at those who are aged 60+.

Should you require any more information about this project or want to know how to get involved at your local SPL club, please contact: Euan Miller – Scottish Premier League Trust, Tel: 0141 620 4147, email: spltrustadmin@scotprem.com

News from other e-bulletins

CHEX would like to point you in the direction of other e-bulletins relevant to community-led health. Some interesting bulletins this fortnight are:

- December’s [The Corner Angle](#), the newsletter from Dundee’s peer-led health and information service for young people, has a story on raising awareness about ‘sexting’ (sharing provocative images or videos via text or social networking sites) and a link to The Corner’s [new website](#).
- The [Scottish Community Alliance newsletter for December](#) has news mixed with opinion, including an item on a community-led initiative for older people’s co-housing in Fife.
- [Community Food and Health Scotland’s latest e-bulletin](#) describes how, from April 2013, the CFHS team will become part of NHS Health Scotland.
- [The last e-news of the year from the Poverty Alliance](#) has an emphasis on welfare reform and the pressures being felt by people living in poverty. It includes a link to the Alliance’s campaign for members and supporters to write to their MPs opposing legislation (see the [campaigns section](#) of this issue of Snippets).
- The latest [Mental Health Improvement ebulletin](#) points readers to a new guide for families living with dementia in Highland, by Alzheimer Scotland, and also a recently launched resource on faith and mental health for the Muslim faith community in Scotland.

[back to top](#)

Consultations and Surveys

Integration of Adult Health and Social Care update

The Adult Health and Social Care Integration newsletter for December 2012 has a statement from the new Cabinet Secretary for Health and Wellbeing, Alex Neil on progress towards the Adult Health and Social Care Integration Bill, as well as links to the consultation analysis and an outline of next steps. Click [here](#) to download the short newsletter.

Scottish Parliament Committee conducting fact-finding visit to Cumbernauld

The Local Government and Regeneration Committee of the Scottish Parliament will conduct a fact-finding visit to Cumbernauld on Monday 14 January 2013 from 1pm-4pm at The Westerwood Hotel and Golf Resort, 1 St Andrews Drive, Cumbernauld, G68 0EW.

The visit will support the Committee in its upcoming regeneration inquiry, and will assist the Committee when it considers the Scottish Government’s forthcoming ‘Community Empowerment and Renewal Bill’. Woodland management, tree and

boundary issues will also be discussed, in relation to the High Hedges (Scotland) Bill, currently being examined by the Committee.

The Committee is therefore keen to hear directly from local community groups (including community councils), third-sector organisations, charities and individuals from Cumbernauld and surrounding areas, who have a direct interest in any of the following matters:

- Regeneration and community empowerment
- Community asset transfer and right to buy
- The role of Community Planning Partnerships (CPPs) in regeneration
- High hedges

The meeting is open to anyone who wishes to meet with MSPs on the Committee and have their voice heard. A buffet lunch will be provided. For further information or to make bookings, please contact Paul Anderson, Community Outreach Manager, on 0131 348 5357, or e-mail paul.anderson@scottish.parliament.uk

Scoping exercise on equality outcomes

The West of Scotland Regional Equality Council (WSREC) is supporting organisations to bring together their Equality Outcomes by April 2013. By completing the short questionnaire below, you can help WSREC to analyse and highlight the gaps in areas where support is required. Based on these results, WSREC will work to organise meetings, events, focus groups and any other facilities to support organisations in creating outcomes based on your needs. The survey will only take 5 minutes to complete and can be accessed at:

<https://www.surveymonkey.com/s/VPB8WC2>. Responses should be made by the 11th January.

Care Inspection fees consultation

Care providers registered with either the Care Inspectorate or Health Improvement Scotland are required to pay a registration and continuation fee to be able to provide care. This consultation will seek views on new fee structures and levels for both organisations. The consultation runs until the 29th March. At the time of writing the [link](#) does not appear to work but anyone interested can also email cif.consultation@scotland.gsi.gov.uk

Inquiry into Underemployment in Scotland

The Scottish Parliament Economy, Energy and Tourism Committee has issued a call for evidence on underemployment in Scotland. The Committee would like to hear from people who have experience of underemployment. Consultation documents are available on [the Scottish Parliament website](#) and the closing date for written responses is Wednesday 30th January 2013.

[back to top](#)

Publications

Scottish Index of Multiple Deprivation 2012

The Scottish Government has published the Scottish Index of Multiple Deprivation (SIMD) 2012. The SIMD is the Government's official tool for identifying those places in Scotland suffering from multiple deprivation and is often cited when evidencing or identifying the need for community development, regeneration and community-led health work.

A new web portal has been developed to provide users with a single point of access to the SIMD 2012 publication. Other resources include links to interactive mapping to visualise the results of the SIMD 2012, tailored summaries of SIMD 2012 findings for local authorities, access to the data used to construct the index, and relevant guidance papers to understand how to use the SIMD. A short podcast is also available providing a brief introduction to the SIMD, how it is constructed, and how to use the new SIMD 2012 web portal.

Key findings from SIMD 2012 include:

- The SIMD 2012 shows that relative multiple deprivation in Scotland has become less concentrated over time.
- Glasgow City, Edinburgh City, West Lothian, Aberdeen City and South Lanarkshire have seen relatively large decreases in their share of datazones in the 15% most deprived areas in Scotland between SIMD 2009 and SIMD 2012.
- North Lanarkshire, Fife, Renfrewshire and East Ayrshire have seen relatively large increases in their share of datazones in the 15% most deprived areas in Scotland between SIMD 2009 and SIMD 2012.
- Eilean Siar, Moray, Orkney Islands and Shetland Islands do not have any datazones in the 15% most deprived in the SIMD 2012. This does not mean that there is no deprivation in these areas; rather that it is not concentrated in small areas.

The full statistical publication can be accessed at <http://simd.scotland.gov.uk/publication-2012/>

SCVO's Welfare Reform conference report

SCVO has published the report from its Welfare Reform conference in November, which brought together 200 people from the third sector to discuss how the sector can work together to respond to the massive challenges Scottish society faces as a result of Welfare Reform. [The conference report shows](#) that:

- 80% of welfare cuts are still to come with £4 billion additional cuts announced recently
- 63% of charities and third sector organisations believe they will be affected by welfare cuts
- Three quarters of charities expect demand for services to increase significantly over the next year as a direct result of cuts to benefits

SCVO's next step is to conduct a sector-wide survey on welfare reform and mitigating its impact early in the New Year, and will be issuing regular Welfare Cuts Bulletins from January 2013. Which you can sign up to [here](#).

Strategy and action plan for embedding knowledge in practice

The Scottish Government has published [A strategy and action plan for embedding knowledge in practice in Scotland's social services 2012-15](#). This new phase of development builds on the achievements of the first national knowledge management

strategy, published in 2010, which delivered a national online knowledge service for social services - Social Services Knowledge Scotland. This is a programme of face-to-face and online training for front line staff and managers, and specific portals to help support workers and other frontline staff, particularly those working in Early Years, Older People, Criminal Justice and Drugs and Alcohol.

Knowledge into Practice has now focused attention on supporting frontline staff to go beyond accessing knowledge and to apply it routinely in day to day practice. It reflects the current policy context and the challenges of increasing demand, requirements for personalised delivery, and more integrated working across services.

To discuss the strategy and action plan or the support available more fully, contact ann.wales@nes.scot.nhs.uk, Programme Director for Knowledge Management, NHS Education for Scotland.

[back to top](#)

Funding

Community Grants Programme

There is still time to apply to the final round of the Voluntary Action Fund's Community Grants Programme - deadline Monday 14th January 2013. The Community Grant Fund is aimed at community-based, volunteer-led groups, which do not need to be registered charities. Groups can apply for grants of up to £1,000. All applications are welcome, although groups that work in one or more of the following areas will be considered priorities:

- With health or disability issues
- With people excluded due to ethnic origin, gender or sexual orientation
- With families and young people
- With older people
- in the local authority areas of Dundee City, Glasgow City, Inverclyde, North Ayrshire, North Lanarkshire, West Dunbartonshire.

You can download the application form in Word from [VAF's website](#). For any further information, please get in touch with Kate Robinson (kate.robinson@vaf.org.uk) or Valerie Carson (Valerie.carson@vaf.org.uk) of the Voluntary Action Fund (tel. 01383 620 780).

Section 16b grants for national third sector organisations

The Scottish Government has published information about new Section 16b grants available to support national third sector organisations that provide, promote or publicise health or health related services. Applications must complement and contribute to the achievement of the aims of the Quality Strategy and 2020 vision. Applications close on Wednesday 16 January 2013. Full details and forms are on the [Scottish Government website](#). Applications close on **Wednesday 16 January 2013**. Applicants should contact [Tim Warren](#) before applying.

Climate Challenge Fund

The Scottish Government's Climate Challenge Fund (CCF) provides grants of up to £150,000 per year to support Community Groups to reduce their community's carbon footprint, save money and improve facilities.

Previous funded projects include installation of energy efficiency measures in community owned buildings, the provision of energy efficiency advice, and the introduction of growing spaces for the production and consumption of food. IN addition to lowering carbon footprints, these initiatives can promote healthy diets and bring people together.

To be eligible for a CCF grant, community groups must be community-led, operate on a not-for-profit basis, prove they can achieve measurable cuts in their carbon footprint within their neighbourhood and leave a sustainable legacy in their community.

Keep Scotland Beautiful manages the fund on behalf of the Scottish Government. Applications are invited for presentation to the CCF Grant Panel in June and September 2013. Full information on the application process and deadlines can be found on the CCF website. For information or to apply for a grant please see [the Climate Challenge Fund website](#) call a Development Officer on 01786 468 779 or email [CCF Enquiries](#).

Tesco Charity Community Awards

The Tesco Charity Community Awards for grants for children's welfare and/or children's educations (including special needs schools) awards one-off donations of between £500 and £4,000 to local projects that support children and their education and welfare. Previous projects supported have included sensory garden or room projects, breakfast and after school clubs, holiday play-schemes and part funding to purchase minibuses. The closing date for applications will be the 31st January 2013.

In addition the Trust also provides grants to groups working with and supporting elderly people and/or adults and children with disabilities. This funding stream is due to re-open for applications on the 1st February 2013 with an application deadline of the 31st March 2013.

Finally, the Tesco Charity Trust Trustees also consider grant applications at their tri-annual meetings. These grants range between £4,000 and £25,000 and are to support local, national or international projects in areas where Tesco operate.

Find out more [here](#).

Galaxy Hot Chocolate Fund

The [Galaxy Hot Chocolate Fund](#) is looking to help small, local community based projects and community minded people, donating sixty £300 awards to help people or groups with their community programmes from January 7th 2013 to March 31st 2013. To apply you must describe what your community could do with £300. You may be a small charity or a volunteer group or just an individual. The fund launches on 7 January 2013.

J Paul Getty Jr Charitable Trust (UK)

Grants of up to £250,000 are available for projects working to reduce re-offending, improve prospects for young people, integrate diverse communities, support people with substance misuse problems and tackle homelessness. The final closing date for applications will be the 18th January 2013. <http://www.jpgettytrust.org.uk/index.html>

Nominet Trust

This fund resources IT projects supporting disadvantaged groups - in the UK, developing countries and around the world. The Trust is particularly interested in funding projects that can be scaled up and replicated. There is no minimum grant

application and applications for over £100,000 require an interview. The next closing date for submitting initial Advisory Eligibility Forms is the 1st May 2013. [Click here](#) for further details.

Healthy Hearts Grants (UK)

Heart Research UK has announced that the next funding round of its healthy heart grants will open in January 2013. Grants of up to £10,000 are available to community groups, voluntary organisations and researchers who are spreading the healthy heart message. There are two applications rounds per year. Applications are only accepted during January and February for the May round of grants and July and August for grants awarded in November, each year. See more at <http://www.heartresearch.org.uk/grants/healthyheartgrant>

Architectural Heritage Fund (UK)

[The Architectural Heritage Fund \(AHF\)](#) offers grants and low interest loans to voluntary organisations and building preservation trusts (BPTs) to regenerate historic buildings. Previously funded projects include turning a run down historic buildings into community theatres, resource centres, community learning centres, workspaces, places to live and community meeting places. The next deadline for applications is the 6th February 2013.

[back to top](#)

Events

Summer third sector parade (Aberdeen)

Aberdeen's unique third sector parade is to return to the city once again after its success in 2011 and 2012. Celebrate Aberdeen brought together more than 3,500 people from 130 different third sector organisations at each event, to highlight the hard work they carry out. Next year the parade will take place on Saturday, June 8, 2013. It will see different charities, social enterprises and volunteering organisations unite in a procession of song and dance through the city. The parade is organised by a small voluntary committee in partnership with ACVO. Any Aberdeen city-based third sector organisations wishing to take part in the parade should contact ACVO on 01224 686051 or email celebrateaberdeen@acvo.org.uk.

Social Media Surgeries (Edinburgh)

This informal gathering should interest anyone in a local voluntary or community organisation who is interested in making the most of the web and social media but needs a little advice or simply a prompt about where to begin. A number of volunteers will be available on Monday 21 January 2013 in Edinburgh, offering to share free expertise and knowledge on where to source and how to use free resources and tools that may be useful in supporting you in your role. If you like what you see they can also help you set up your blog, or Facebook page or Twitter account. Most social media surgeries have an event every few weeks, so you can keep coming back for help.

Details: Edinburgh Social Media Surgery, 5:30pm - 7:30pm, Monday 21 January 2013; 2 McDonald Road, Edinburgh EH7 4LU. To register please visit <http://socialmediasurgery.com/surgeries/edinburgh>

Art in Healthcare exhibition (Edinburgh)

Funded by the Scottish Government, Art in Healthcare is currently running a six month pilot programme of art workshops in healthcare settings using our diverse Collection of contemporary Scottish artworks. Run by talented, local artists, the workshops aim to engage participants in a stimulating and fun activity. There will be an exhibition in February to showcase the artworks created throughout the programme. The workshops will run from Friday 8th - Friday 14th February 2013 at Whitespace Gallery (11 Gayfield Square, Edinburgh, EH1 3NT). Details of the gallery can be found here: <http://www.whitespace11.com/>.

Stroke Association play (Glasgow)

A Most Curious Detour is a dramatised stage play telling the inspiring story of one man's experience of a stroke. Adapted from the book by Stuart Hepburn (who had a massive stroke some years ago and now lives with locked-in syndrome), the play is written by Alistair Rutherford and is directed by James McSharry, and will take place at Scottish Youth Theatre, The Old Sheriff Court, 105 Brunswick Street, Glasgow G1 1TF on Friday 1 March 2013, 7.30pm & Saturday 2 March 2013, 3.00pm.

This new production of A Most Curious Detour is being launched during Action on Stroke Month and forms part of The Stroke Association's 2012 Anniversary celebrations. The play also supports the Association's new Life After Stroke campaign. If you would like information on tickets for the play, please visit www.scottishstorytellingcentre.co.uk. If you would like to know more about the Association's work in Scotland visit www.stroke.org.uk.

Scottish Disability Golf 2013 (Glasgow and Cumbernauld)

The Scottish Disability Golf World Team Cup is to be held in Scotland from 21 - 25 July 2013. Scottish Disability Golf Partnership has expanded the event package so that it now includes a free First Swing Clinic (including golf lessons), on-course tuition and a round of golf and catering, as well as the four days golf of the World Cup itself. The closing date for applications is 28 March. For more information on the event and how to get involved visit the [SDGP website](#).

Volunteering Zone Sessions (Stirling)

Volunteer Development Scotland are running more information sessions on the Volunteering Zone - an online method of registering volunteer roles across local authority areas which will appear on the [Volunteer Scotland website](#). You can now post your volunteering opportunities directly online and keep them up-to-date yourself. The online service offers a number of benefits including:

- secure online access to opportunities 24/7
- keeping volunteer recruitment information consistent across the country
- assigning access to branches to use volunteer role templates and register them locally
- statistics about how many people are looking at volunteering opportunities across the country
- Highlighting one-off events on the front page of Volunteer Scotland

The next sessions will take place at the VDS offices at Jubilee House, Stirling, on the following dates:

- Friday 25th January 10.00am – 12.30pm
- Wednesday 27th February 10.00am – 12.30pm

To book a place, please click [this link](#). Places will be allocated on a first come, first

served basis. Please contact Rebecca Dadge - rebecca.dadge@vds.org.uk - or phone 01786 479593 with any enquiries.

[back to top](#)

Conferences and Seminars

North of Scotland WISHH Regional Event (Dundee)

Targeted particularly at staff working in Highland, Grampian, Tayside, Western Isles, Orkney and Shetland (videoconferencing facilities available) this event explores local responses to the [Sexual Health and Blood Borne Virus Framework](#), highlighting local practice. Taking place at West Park Hall, Dundee on Tuesday 12 March 2013, the event will include presentations on work so far, peer education programmes, training needs of social workers, and app and web developments. In addition, there is the opportunity to nominate to two WISHH awards celebrating promising practice (previously submitted applications will be carried forward). Email Catriona.young1@nhs.net to register your interest. Registration will close 22nd February 2013.

Mental Health in Later Life Event (Edinburgh)

NHS Health Scotland in partnership with Age Scotland and the Mental Health Foundation are hosting an event on the 31st January 2013 at the John McIntyre Conference Centre in Edinburgh in order to discuss this question. The event will run from 10am until 4pm. The focus of the day will be to explore:

- The subject of inequalities in mental health and wellbeing in later life.
- Examples of promoting mental health and wellbeing in later life at a local and national level.
- Presentations on the Scottish Government's newly published Mental Health Strategy, 'Good Life, Good Death, Good Grief' and the 'Reshaping Care For Older People' agenda and what they mean for older people.

This event will be of interest to those involved in promoting mental health and wellbeing in later life. The intended audience could include policy makers, practitioners, academics and older people. This is a free event however places are limited, to book a place, please contact Irene Hamilton (irene.hamilton1@nhs.net) for a booking form. Applications for this event will close on Friday 11th January with confirmation of places Mid-January.

2nd National Co-production and Community Capacity Building Conference (Edinburgh)

Registration is now open for the 2nd National Co-production and Community Capacity Building Conference on Wednesday 20th February 2013 at Heriot Watt University, Riccarton Campus, Edinburgh. The event is hosted by the Joint Improvement Team (JIT) with partners, and supported by the Scottish Co-production Network.

This free event will bring together both practitioner, user and community perspectives on achieving positive outcomes for Scotland's individuals and communities. With a focus on prevention and change this participative and interactive event will be of interest to strategists, practitioners, policy makers, and local organisations working towards healthier, stronger communities through co-production and community

capacity building.

Download the [programme](#) and visit <http://bookings.shscevents.co.uk/all/2862> to register your attendance. Booking is a 2-stage process where you first of all register your details and then 'hit' Make Booking to register and select your workshop. If you have any questions regarding registration please don't hesitate to get in touch with Event Manager Maureen Hart: T: 0131 275 7746, M: 07785 382 291, F: 0131 623 2525.

Teenage Pregnancy – Not Just a Sexual Health Issue (Edinburgh)

The main aim of this event is to share the key levers (and barriers) to making progress in tackling teenage pregnancy. It will be of interest to those working in sexual and reproductive health, health improvement, community education, youth work, education and support services across NHS, Local Government and Third Sectors. The event takes place at the Royal College of Physicians, Queen Street, Edinburgh on Tuesday 19 February 2013. Email Catriona.young1@nhs.net to register your interest. Registration will close 8th February 2013.

UN Decade of Education for Sustainable Development Conference (Edinburgh)

Hosted by the Scottish Government and the SDE Network, 'Collaboration – Not Competition' takes place on Wednesday 23 January 2013 from 9.30am at Victoria Quay, Edinburgh. The guest speakers (including Dr Linda Shaw, Vice Principal of Research, The Co-operative College and co-author of the Hidden Alternative) will explore the cultural idea that economic competition is the way to increase standards of living/quality of life. The conference will ask if this thinking holds up to scrutiny or if there is now evidence that economic co-operating might be the better, more productive route. Whilst practical workshops and seminars will explore these themes further and provide you with practical tools to take back to your workplace. Register for free at the [SDEN website](#) or contact Abi Cornwall, SDEN Manager at: manager@sdenetwork.org.

Welfare Reform Scotland (Edinburgh)

The UK Welfare Reform Act 2012 will introduce significant changes to the welfare system, from April there will be a significant impact on devolved services delivered by the Scottish Government and local authorities. Capita's Welfare Reform Scotland Conference is timed to provide a strategic update on the imminent changes and give practical guidance on how to protect the vulnerable and support people to make the transition. The event takes place on Wednesday 27th March 2013 in Edinburgh. Visit the [event webpage](#) for more information.

Strengthening group processes and outcomes through evidence-based group work (Edinburgh)

IRISS is hosting a half-day workshop on finding, evaluating and implementing the best available evidence to improve group work practice. Mark Macgowan, Professor and Co-ordinator of the Doctoral Program in the School of Social Work at Florida International University in Miami, will lead the workshop. His area of scholarship is the effective practice and teaching of group work, and he has substantial publications, federal research funding, and editorial board service in this area. At the end of the workshop, participants will be able to:

- Define the four stages of evidence based group work (EBGW)
- Describe how to apply the four stages in practice, using case materials and other handouts
- Appreciate how EBGW is an integral part of ethical practice.

The event will be held on Thursday, 28 February 2013 at the McDonald Rooms in Edinburgh. For further information and booking, please visit the [event website](#).

Inclusion Scotland AGM and Conference (Glasgow)

Inclusion Scotland's AGM and Conference will be on Friday 8 February 2013, 10.30am to 4.30pm, at The Lighthouse, 11 Mitchell Lane, Glasgow, Scotland, G1 3NU. The theme of the conference is Hate Crime & Access to Justice. Guest Chair will be Jackie Maciera (Scottish Disability Equality Forum) and speakers will be PC Clare Bradley (Lancashire Constabulary/Disability Hate Crime Network) and Mike Dailly (Govan Law Centre). This event is aimed at disabled people, and it will also be of interest to representatives of voluntary, community and other organisations who support, advise or give assistance directly to disabled people. To register for a place contact: Angela Marshall – Email: angelam@inclusionscotland.org or Telephone: 0141 221 7589. When registering, please inform Angela if you have any additional support needs including access, communication support or dietary requirements.

Clinical Services Fit for the Future (Glasgow)

NHS Greater Glasgow and Clyde are hosting a half day event on Tuesday 29th January, 9.30am to 12.30pm, at Maryhill Burgh Halls for third sector organisations with an interest in health to:

- Explore the 'case for change' and consider future challenges and opportunities for health services
- Influence future service models

To register for this event, please contact Lorna Gray at Lorna.Gray@ggc.scot.nhs.uk or 0141 201 5598.

British Red Cross Resilience Conference 2013 (London)

The British Red Cross hosted resilience conference on 11th April 2013 aims to explore and debate putting resilience into practice through a range of interactive workshops, presentations and debates. If you want to deliver a session or poster on a research project you have conducted, or your own well documented examples of resilience in practice please submit a short summary of your work by 22nd February 2013 at www.redcross.org.uk/resilienceconference. Go to the website (www.redcross.org.uk/resilienceconference) for full information and to register.

COSLA and Improvement Service annual conference & exhibition (St Andrews)

The COSLA and Improvement Service Annual Conference takes place over two days from Wednesday 7 to Friday 8 March 2013 at the Fairmont St Andrews Hotel, Fife. This year's conference is entitled "Today's Reality...Tomorrow's Vision" and it will provide the opportunity to discuss major political and policy issues through masterclasses, workshops and presentations on key improvement and development issues. The COSLA Excellence Awards Ceremony and Dinner will also take place as part of the conference. Exhibition stands, sponsorship, advertising etc., will be allocated on a "first come, first served" basis. [Click here for more details](#).

[back to top](#)

Training

Healthy Working Lives training (Borders)

This year's free training starts on the 15th January, 10.00-16.00, at Eildon Mill, Tweedbank Drive, Tweedbank, Galashiels TD1 3RS with Lone Working & Personal Safety at Work, partnership working with 'Live Life Safe' Suzy Lamplugh Trust. Similar training, ranging from Heart Health to Manual Handling Awareness, will be held in the coming weeks right across the Borders. [Click here](#) to see the full list of upcoming training workshops.

One Parent Families Scotland training (Edinburgh and Glasgow)

A range of training courses are available from OPFS in early 2013, including welfare reform training and courses on universal credit and the child maintenance service. Training lasts half a day and costs £40 per person. Click [here](#) to view a flyer for the Edinburgh training (at the Engine Shed) or [here](#) to see the Glasgow training (at Choices' office).

Courses for Adult Learning and Teaching (Glasgow)

Facilitated by Later Learning, the Swapping Shoes programme brings together groups of adults with common experiences and challenges. It provides an opportunity for them to look into the lives of others who face similar situations and challenges, and to use the knowledge and learning they already have to discuss and develop ways to make things better. This adult learning programme is currently available in Glasgow and the West of Scotland. [For full details on this programme please click here](#)

Developing Your Organisation (Glasgow)

This training from GCVS and Animate is an integrated learning programme for voluntary organisations, running over 5 days from Monday 4th February until Monday 29th April. The training uses a variety of learning tools, processes and organisational change theories in a series of modules and coaching sessions in order to learn about organisational development. Crucially, over the duration of the learning programme, you will actually work upon an organisational development initiative that is tailored to your own organisation's needs.

The programme takes place over five days at the Albany Centre in Glasgow, spread over three months. It starts with a two-day module, followed by individual coaching sessions, then another two-day module, more coaching and a final review day.

This five day course is priced at only £550 per place or £1000 for two places. This includes all materials, lunch and refreshments. And, thanks to a potential grant of up to half the cost per attendee, the course could cost you only £500 for two places which equates to £50 a day for first-rate training.

View the [online flyer](#) for more information, and to book. Alternatively interested organisations can contact Duncan Wallace, Duncan@animateconsulting.org.uk, or call 07786050893. www.animateconsulting.org.uk.

Managing Self-Harming Behaviours (Glasgow, Dumfries and Galashiels)

This workshop from HarmLESS will provide participants with tools to work with people who self-harm on an on-going basis. We will learn more about how to support people who self-harm to understand their motivations and how to bring it under control. The course objectives are:

- Understanding why each individual self-harms.
- Harm minimisation: What does it mean?.
- Theories trying to explain Self-harm.
- Develop and implement care plans.
- Links between self-harm and suicide

Dates and venues:

- Newcastle, Monday 14th January 2013 Children North East 89 Denhill Park, Newcastle upon Tyne NE15 6QE
- Glasgow, Thursday 24th January 2013 Lifelink Unit 10E, 145 Charles Street. Glasgow G21 2QA
- Dumfries, Monday 11th February 2013 School of Health, Nursing and Midwifery Dudgeon House. Dumfries DG1 4ZN
- Galashiels, Wednesday 6th March 2013 Langlee Complex, Marigold Drive TD1 2LP

For more information and booking a place contact: Maria Naranjo, info@harmlesspsychotherapy.com or 07557056049. Visit the [HarmLESS website](#) for more info.

Paths for All 'Walk at Work' training course (Inverness)

Walk at Work training is a free one day course open to any organisations and aimed at getting your staff and colleagues more active by starting a workplace walking project. This training will provide essential knowledge, skills and ideas to develop and deliver a successful workplace walking project. The day includes a demonstration health walk to give you the confidence to get out there and get walking with your colleagues! The training will run at Great Glen House, Inverness, Tuesday 19th February 2013. The training will help you to:

- get the support of management for a workplace walking programme
- understanding of the benefits of a workplace walking project for employee and employer
- recognise the main barriers to getting colleagues walking
- describe the main issues and considerations involved in organising a health walk
- have a basic understanding of route planning, risk assessment and recognise potential hazards on a health walk
- Outline the roles and responsibilities of a Walk Leader

Please contact Helen Wilson if you'd like to attend or would like further information (Email: helen.wilson@pathsforall.org.uk Tel: 01463 725159)

The role of community in supporting recovery (Perth)

Engaging people in their community is one way of assisting recovery from addiction. Focussing on the importance of the community in the recovery process, these events will help you think about the community assets you have locally and how they can be built upon to develop the necessary support and life opportunities needed for motivated individuals to successfully move beyond their addiction. This training will be undertaken by Figure 8 on behalf of Perth & Kinross Alcohol & Drugs Partnership and is FREE, and takes place in half day sessions:

- Tuesday 15 January 2013 (pm) in The Gateway, Perth (1.30pm to 4.30pm)
- Friday 18 January 2013 (am) in Perth Grammar School, Perth (9.30am to 12.30pm)

- Thursday 31 January 2013 (pm) in Letham St Marks, Perth (1.30pm to 4.30pm).

To book a place at one of the events please email enquiries@f8c.co.uk or phone 01382 224 846 and ask for Donna or Raegan. Alternatively fill in a contact form at www.f8c.co.uk/Enquiries

Intergenerational training (Stirling)

Generations Working Together will be running a Training the Trainer course on Tuesday 29th January 2013 (10.00 – 16.30), in Ochil Hall, Ochil Crescent, Stirling. FK8 1QJ. This course will be of interest to those who are keen to embed intergenerational approaches within their place of work. To book a place please follow: <http://www.surveymonkey.com/s/Stirling29January2013>

[back to top](#)

Vacancies

Building Community Capacity Worker (Borders)

Scottish Borders Council seeks a Building Community Capacity Worker (£19,024 - £21,135) who will be responsible along with others for developing capacity building services and preventative approaches with and for older people with the voluntary, community and social enterprise sector in the Borders. Visit [goodmoves](#) for more information. Closing date: 21st Jan.

Deputy Director - Community Development (Edinburgh)

LGBT Centre for Health and Wellbeing is seeking to recruit an effective and motivated Deputy Director (£29,448 - £31,062) eager to play a key role in further strengthening and developing this vibrant organisation and rise to the challenge of helping it to deliver its ambitious vision for LGBT health, wellbeing and equality. For more information about the organisation and an application pack please see below; visit www.lgbthealth.org.uk; call 0131 523 1100; or email louisef@lgbthealth.org.uk Closing date: 12noon, Monday 4th February.

Volunteer Support Worker (Glasgow)

North Glasgow Community Food Initiative, a key voluntary sector organisation delivering practical healthy lifestyle activities to the diverse communities of North Glasgow, is looking for a dynamic confident individual to work with volunteers in low income communities. The postholder will be paid £10.00 per hour, average 14 hours per week to 30th April 2013. (Possibility of extension subject to funding and funder requirements). You will recruit, induct volunteers from a wide range of backgrounds and abilities, including asylum seekers and settle and support them into their roles. For full details of post, application pack and form go to: <http://www.ngcfi.org.uk>. Closing Date: Wed 16th January 2012. Interviews: Monday 21st January 2012.

CLD Worker (Greenock)

Inverclyde Council requires a CLD Worker in Adult Literacies (£23286 - £27028, temp for 2 years). You should be an experienced professional within the Community Learning and Development Service to develop, support and provide learning opportunities for adults, using a range of learner centred methods to promote and deliver literacies provision in community settings. The post holder will be expected to work with a range of partners to achieve the outcomes identified in the Inverclyde

Alliance Single Outcome Agreement.

Based in Aberfoyle Road, Greenock, this challenging post requires an enthusiastic, highly motivated and experienced literacies practitioner. The successful applicant will be required to demonstrate excellent time management and communication skills, knowledge and experience of self-evaluation and quality improvement frameworks experience of partnership working and an understanding of the National Priorities for CLD. For full details please go to <http://digbig.com/5bgxgf>. If you are unable to apply using this website, and require further assistance, please contact 01475 712740. Closing date: 20th January.

Early Years Co-Ordinator (Midlothian)

Midlothian Sure Start (MSS) is looking to fill the post of Early Years Co-ordinator (21 hours, fixed term one year contract subject to renewal, up to Sept 2014, £31,062-£33,813 pro rata). You will continue to co-ordinate early years services across Midlothian, work with all early years agencies, and contribute to implementation of the Pre Birth to Three strategic and operational work in Midlothian. This post will be co-located in Midlothian Council.

Experience in the implementation of quality improvement frameworks, working in a multi-agency setting and proven experience of strategic development is required as is a qualification to meet the SSSC registration in the lead practitioner/manager category. Further information and applications forms are available from admin@midlothiansurestart.org.uk or contact Susanne, Taylor or Sharon on 0131 654 0489. Closing date for applications Friday 21st January 2013

Chief Development Manager (Skye & Lochalsh)

Skye & Lochalsh Council for Voluntary Organisations seeks to recruit a Chief Development Manager (£24,000+), which is the lead position within the organisation, responsible for ensuring the continued delivery, promotion and development of all Skye & Lochalsh CVO's quality standard services. Download further details and an application form from Skye and Lochalsh CVO website <http://www.slcvo.org.uk/employment-opportunities.html>. Closing date for applications: 5pm 25 January 2013.

Addictions Worker (Stirling)

Addictions Support and Counselling in Stirling seek an Addictions Worker, Community Rehabilitation Services (£23,232 - £25,717, 35 hours per week. Funded to 1 April 2014 in the first instance). You will be part of a dedicated team offering intensive support. Using your assessment, care planning and group works skills you will process referrals and provide a range of group-work based rehabilitation services. For more details visit <http://www.goodmoves.org.uk/jobs/12446>. Closing date is 30th January.

[back to top](#)

Websites

Bereavement Zone

The NHS inform website has a new Bereavement Zone, giving both practical advice and help with finding further sources of support to enable people to cope with the emotional aspects of grief. Developed in partnership with the Scottish Grief and

Bereavement Hub it hosts links to a variety of resources. There are sections on unexpected death, the death of a baby, practical advice and where you can get further support. You can access the Bereavement zone here: <http://www.nhsinform.co.uk/Bereavement> .

[back to top](#)

Campaigns

Campaigns to oppose welfare reforms

We have already covered Unite the Union's petition against the UK government's welfare reforms. The campaign to stop a "race to the bottom" now has over 45,000 signatures and Unite are encouraging anyone who has yet to sign up to the campaign to do so now. [Click here](#) to visit the campaign page and sign your name against it.

As mentioned in the [news section of Snippets](#), the Poverty Alliance is taking its own stand against welfare reforms, and is encouraging its members and supporters to [write to their MP](#) to oppose the introduction of this punitive new legislation.

[back to top](#)



The Community Health Exchange (CHEX) is primarily funded by NHS Health Scotland and is a part of the Scottish Community Development Centre (SCDC). SCDC is a company limited by guarantee, registered in Scotland, No. 361532. SCDC is a registered charity in Scotland, Ref No. SC 040614.

Privacy Policy

SCDC maintains the privacy of all messages and does not transfer personal information to any third party. If you would prefer to be taken off our distribution list, please click on the link below.

[Unsubscribe](#)